

THE  
HYGIENIC COOK BOOK,  
OR  
HOW TO COOK

WITHOUT THE USE OF  
SALT, BUTTER, LARD, OR CONDIMENTS.

BY  
MRS. MARY E. COX, M. D.

CHESTER, N. H.  
1865.

# PRINCIPLES OF HYGIENIC MEDICATION

BY R. T. TRALL, M. D.

ALL healing power is inherent in the living system.

There is no erratic "virtue" in medicines, nor in anything outside of the vital organism.

Nature has not provided remedies for diseases.

There is no "law of cure" in the universe; and the only condition of cure is, obedience to physiological law.

Remedial agents do not act on the living system, as is taught in medical books and schools, but are ACTED ON by the vital powers.

Disease is not, as is common, supposed an enemy at war with the vital powers. Let a remedial effort represent a process of purification and preparation. It is not a THING to be destroyed, subdued, or suppressed, but an ACTION to be REGULATED and DIRECTED.

True remedial agents are material and influences which have NORMAL relation to the vital organism, and of course poisons, whose relations are ABNORMAL and ANTI-VITAL.

Nature's materia medica consists of Air, Light, Temperature, Electricity, Magnetism, Exercise, Rest, Food, Drink, Bathing, Sleep, Clothing, Professional Hygiene, and Mechanical or Surgical Appliances.

The true Healing Art consists in applying the living system with whatever of the above it can use under the circumstances, and not in the administration of poison which it must resist and expel.

Drug remedies are themselves causes of disease. If only cure one disease, it is only by creating another disease. Every dose diminishes the vitality of the patient.

DRUGOPATHY can never restore health by administering the poisons which produce disease.

HYDRO-THERAPY, (or neoplasms, cold, "Hydrotherapy," or "Water-Cure") or in general, so far as they seek to health by the means which produce disease, are DISEASES.

Diseases are caused by organisms, or by combining materials being poison or irritants.

The Hygienic system removes the disease, disease it leaves the body sound.

Drug medicines add to the disease, irritations, and change acute into chronic diseases.

To attempt to cure diseases by attacking the cause of disease, is irrational and absurd.

Hygienic medication (Hygeia-Therapy) is not a "one-idealism" which professes to cure disease with "water cure." Nor is it a "COLD Water-Cure." This is an old, old belief by many. It adapts all the remedial appliances in existence, with the single exception of POISONS.

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## INTRODUCTORY.

“WHAT SHALL WE EAT,” is the great cry of the people when we talk to them about *Hygienic Cooking*. Their appetites are so perverted by high-seasoned and stimulating food, that you might as well talk to a brandy toper of the beauties of “clear cold water,” They think they “cannot live” on the food our Creator has provided.

Some Health Reformers and Vegetarians cry loudly against meat, but at the same time use *salt*, *soda*, and *cream of tartar*; (do these belong to the vegetable kingdom?) Cakes made with *sugar*, *milk* and *eggs*; *cream* puddings and *cream* pies with eggs; (what can be more indigestible than baked *cream*, baked *milk*, or baked *eggs*?) *Su-*

*gar, molasses, butter, and large quantities of milk* for general table use: (are these vegetable?) *Vinegar, pepper, spices, and other knic-knacs* too numerous to mention, omitting perhaps, almost entirely from their dietary, fruit, a very healthful and important article of food.

Such habits on the part of the representatives of our system tend to pervert the public mind, and many, after a few years trial of the *so-called* vegetarian diet, finding themselves still dyspeptic, and retaining their morbid cravings, return to their old ways. Gossip says they "run down," they could not live on the "low diet." If, instead of this, they would teach people the "Laws of Health," the injurious effects of sleeping in close, unventilated rooms, of eating improper food, the want of proper exercise, &c., there would be some hope of curing the sick, and finally converting people to the "better way."

WHAT SHALL I EAT? has often, while on a lecturing tour the past winter, been a great

query in my mind. Perhaps, fried ham, yellow, fine flour bread, mince pie, with tea or coffee, would constitute the dinner. At other times, baked beans, brown bread, and apple pie. The beans I could tolerate notwithstanding a little grease, but the salt would inflame my stomach for a day or two. The bread might have been very good, but for the large quantity of molasses, and being raised till it was almost sour. The pie spoiled by salt and grease in the crust; the apple, inside, by sugar and spice.

At Hotels, I would find three or four kinds of meat; butter, pepper and salt invariably in vegetables; and rich puddings and pies, fit only for a gormandizer.

After a lecture on this subject, people come around me "thick as bees," and ask, "What *shall* we eat?" "How shall we learn to cook your way?" "Can we work hard without meat?" "I thought salt was healthful?" and like questions, showing a desire to reform their dietetic habits.

Many would come with a so-called Hy-

gienic Cook Book in their hands, and say, "This is *not much* different from the way I cook;" or, "I do not make any cake *so rich* as these receipts."

To meet this demand for a system of preparing healthful food, I have been induced to present a few important principles and facts, concerning which I find the masses totally ignorant; also, receipts learned from experience and careful observation, to enable them to prepare good and wholesome dishes, preserving as much as possible the natural elements, yet palatable even to the vitiated taste, at least, after a few days trial. Those who are willing to relinquish all articles not in accordance with the *Conditions of Health*, will find the enjoyment of a natural appetite and the benefit arising from the use of proper food so great, that they will have no desire for that prepared in the usual way.

QUALIFICATIONS OF A GOOD COOK.—Every cook should know what articles are useful to the human system, and what are not—

in short, the distinction between food and poison, that she may not be continually creating and gratifying morbid appetites.

But few have correct ideas concerning healthful food even physicians and educated persons use poison articles, and recommend them to others, because they do not *know* what is proper for food.

This ignorance has destroyed *thousands of lives*, and, *except medicine, is the greatest cause of the ill-health of the nineteenth century.* To assist in correcting these evils is the mission of this little book.

TO THE READER.—If any one doubts the statements here made, it is the wish of the writer, that he will investigate the subject, looking well to the *common sense* argument, and to *Nature's teachings*, rather than *condemn* because it does not accord with the *popular ideas* on the subject.

WHAT IS FOOD?—Food consists of those substances which are *useful in building up the body.* All substances that are *not thus useful* are Poisons.

ORIGIN OF FOOD.—The Vegetable Kingdom takes the *inorganic elements*, all of which are poison to animal organisms, and from them, by the process of growth and development, forms new combinations, as *vegetables*, *fruits*, and *grains*, which are digestible, and entirely different from the original elements.

NATURE'S SEASONINGS.—In the food thus formed, our Maker has combined the different elements in just the *right* proportion to be of the greatest benefit to the vital powers in the development of the body, and repair of waste.

If we *add* to, or *diminish* one iota of Nature's combinations, we *lessen* their nutritive value; as, when vegetables are seasoned with *salt*, *pepper*, the *juices* of meat, *grease* or *butter*; or, fruits with *sugar* and *spices*. The cook must be wiser than the Creator, if she has increased their value as food.

DELETERIOUS EFFECTS OF SEASONINGS.—Poison fruits, poison roots, poison vegetables, and poison herbs are exceedingly

destructive to good digestion. It behoves the cook therefore, to look well to her seasonings, if she does not wish to put poison irritants which will cause *Dyspepsia in all its forms, Constipation, Gout, Apoplexy, &c.*, in the food she prepares.

Under this head may be classed all pungent and aromatic herbs, as *sage, summer-savory, coriander, caraway, thyme, etc.*, (all very good to drive away ants and emmets from cupboards;) *sweet-flag root, ginger, cinnamon, cloves, nutmegs, pepper, mustard, and the like; also, orange and lemon peel, which contain prussic acid.*

PROXIMATE ELEMENTS.—There are also many articles used whose chemical combination has been changed by separation, thus rendering them innutritious and obstructing; as, the *sugar of commerce, molasses, butter, and the extracts used for flavoring.*

Is it any wonder that children, and *grown children too*, who are literally stuffed with *candies colored with rank poisons,*

*sweet cakes, sweet, greasy doughnuts, sweet puddings, sweet pies, and sugar itself for dessert, die suddenly with Croup, Diphteria, Dysentery, &c.?* It is lamentable to see how much money is spent for that which is *absolutely* deleterious to health. The brain labor expended in inventing machinery for the manufacture of such articles, had better be appropriated to instructing people how to follow the instincts Nature has given man to enable him to choose proper food.

INORGANIC ELEMENTS.—No mineral substance, or *any inorganic element* can be digested or appropriated by animal organisms, but is destructive to the tissues of the body; therefore, *salt, soda or salaratus, cream of tartar, and ammonia* (hartshorn,) which are used in bread-making; *salt-peter* (niter,) *vinegar, alcohol, all forms of intoxicating drinks*, as well as *domestic wines, hard water, and like substances*; should be banished from the cook's pantry.

Each substance, in itself, contains the

*proper amount of seasoning*, if it is not *wasted* or *destroyed*. The pleasure experienced by the uninitiated taste in eating food uncontaminated by the hand of art, is far greater than that which can only relish “*high*” seasoned dishes.

DESTROYING NATURE’S COMBINATIONS. —In making fine flour, the *sweetest* and *richest* part of the grain is rejected, thus forming a *less nutritive* article of diet: but producing one that is *obstructing* and *constipating*. The same is true of *corn starch*, *farina*, *sago*, *tapioca*, and all *fine* preparations in which a part of the grain is refused. Who would eat puddings made entirely of such articles? They would be *flat* and *insipid*. It is the *inflaming seasonings* that make them such popular dishes for desserts. Why not use *all* of the grain? It is not poison; but, as necessary for *taste* as *health*. Nor is it unrefined to eat “*plain food*,” what some call “*coarse*,” and “*only fit for hogs*;” just as though *God does not make food good enough for human beings*.

Dr. TRALL in the "Hydropathic Cook Book," says:

The phrase "high living" is in common parlance applied to the habit of eating so glutonously of unhealthful dishes as to cause the whole body to become a bloated mass of disease; or else an attenuated wreck of a prematurely worn out organism—as though it were decidedly vulgar to eat plain, wholesome food and be well. Those who become sick and dyspeptic on concentrated aliments, butter biscuits, short cakes, plum puddings, and "kneé-knaes" innumerable, are said to suffer from the effects of "too good living"—as though healthful living was actually bad! Many physiological writers tell us that the reason greasy dishes, gravies, etc., are so obnoxious to the digestive organs is, because they are "too rich" in carbon; as though food which had exactly the right proportion of carbon for wholesome nutriment must necessarily be poor!

**ANIMAL FOOD.**—All the different classes of articles we have considered are injurious to health, and tend to shorten life; yet *many*, though they will excuse us from eating meat, think we must swallow *all these abominations*, which are *far more injurious* as a matter of course. Nor is the flesh of animals the *best* food, or the most nutritious.

The flesh of a perfectly healthy animal has, according to the best authors, only about 25 per cent nutritive value. This is

scarcely equal to the potato, and hardly one third as nutritious as rice, wheat, and other grains, as will be seen from the following table:

lb.	Articles of Diet.	Solid matter.	Water.	
			lb.	lb.
16	Turnips	11 0	89 0	
"	Red Beet Root	11 0	89 0	
"	Carrots	13 0	87 0	
"	Potatoes	28 0	72 0	
"	Bread (stale)	76 0	24 0	
"	Peas	84 0	16 0	
"	Lentils	74 0	16 0	
"	Barley meal	84 5	15 5	
"	Wheat meal	85 5	14 5	
"	Beans	86 0	14 0	
"	Sago	88 0	12 0	
"	Maize meal	90 0	10 0	
"	Oatmeal	91 0	9 0	
"	Rice	92 4	7 6	

Let those who think meat an indispensable article of diet, investigate this subject, and they will learn that man *can* live longer, enjoy better health, and endure greater hardships upon a vegetable diet, than on one of flesh.

DISEASED MEATS.—They will also find that there are but few beeves, sheep, or hogs, butchered for market, that are entirely free from disease.

Dr. Trall, on this subject in the Sci-

entific Basis of Vegetarianism, says:

"Possibly there may be one in a hundred, but probably not one in a thousand. Nearly all have measly livers; many have measly lungs, and some are measly all through. And what are these measles? Insects, worms, parasitic animals, and nothing else. They are known in natural history as *cysticerci*, or cestures. \* \* \* They are exceedingly tenacious of life, and are transferred from the animal affected to the person or animal who eats of it. The ordinary process of salting does not kill them, nor does cooking destroy them, except at a very high degree of heat."

Therefore, those who eat stall-fed or sty-fed beef, mutton, or pork, must expect the *measles* with it.

#### DELETERIOUS EFFECTS OF GREASE IN FOOD.

—When people are wise enough not to call *suet*, *fat pork*, *lard*, and *butter*, food, and discard them from their dietary, we shall hear less of typhoid fevers, diphteria, putrid sore throat, malignant scarlatina, and black measles.

What is the fattening process? It is a *diseasing* process. It consists in stuffing the animal with food and indigestable substances, and keeping him from taking the amount of exercise necessary to carry the effete matter from the body.

Dr. Trall further says:

"Indeed, the fattening process is itself a diseasing process. Animals do not become fat because they make more tissue—flesh, structures, organs—but because they retain their effete matters, which, in order to relieve the overloaded blood-vessels, are deposited in the cells and cavities in the form of fat.

Agriculturists and butchers inform us that fattened animals have less muscle, smaller lungs and livers, and smaller blood-vessels than lean animals, other circumstances being equal. The adipose accumulations crowd out the blood, and actually diminish instead of increase nutrition. All animals, and all human beings, other circumstances being equal, are feeble, fleshless, bloodless, and morbid, precisely in proportion to their fatness."

Low DIET.—Can fat then be food? It is not food. Animals fed on it die of starvation—why not human beings? All forms of grease, *butter* not excepted, are indigestible substances, and very obstructing, yet fat meat, greasy gravies, pastry, cakes heavy with butter, etc., are called rich! because the stomach cannot digest them, and they thus become direct sources of disease, causing dreams of "dead grandmothers."

Nothing can be more absurd than to call such things rich. Rich food is that which will make bone and muscle, not that which

clogs and obstructs. Beans, peas, wheat, corn, plums, grapes, apples, &c., contain the elements necessary to sustain and build up the body, and *are therefore rich food.*

FILTHINESS OF HOGS.—You who think you “cannot live” without *pork*, open your eyes and look at a sty-fed hog in the true light, before eating your doughnuts, pastry, ham, and choice spare-rib, and see if they are fit for cleanly folks to eat. A hog is *born* in filth, *wallows* in filth, *breathes* filth, and *eats* the filth of his own sty and the stable, from his birth till he is slaughtered for *your table*. Just look at him while the butcher is taking the scurf from his skin—if a friend had a skin disease half so bad, you would hardly associate with him, *yet you WILL EAT HOG.*

Is it any wonder the Jews, God’s chosen people, were forbidden to eat pork? Why not *Christians* of the present day also? To *drown devils* was the only use our Saviour made of them; it is a pity they were ever appropriated to any other purpose.

CRY OF THE MASSES.—The people say “What shall we eat?” Morbid appetite says, “You have taken away my gods, what have I more?” “I can’t live so.” “Oh! dear! I have such a *goneness* and *sinking* in my stomach!” Just as though indigestible substances are indispensable! They are not food—why eat them? Better eat fruit, and thus save the doctor’s fee.

The following pages will, I think, answer the food question to the satisfaction of any “sound mind,” but *morbid appetite* will grumble till you turn him out of house and home. We should not “live to eat,” but “eat to live.”



## BREAD.

Not one cook in a hundred can make "good bread" in the common acceptation of the term, much less healthful bread in accordance with the *Laws of Hygiene*. If yeast is used to make it porous, and it is allowed to stand too long, the dough becomes sour, thus causing *foul stomachs*, *sick headache*, *bilious diarrhea*, &c. Or, if the yeast is not "good," as cooks say, the dough is heavy. Some use soda to make it "light," thus causing an excess of alkali, which gives the bread an ashy or caustic taste, making thousands of dyspeptics.

FERMENTED BREAD.—Fermentation, always a rotting process, decomposes the sugar and starch, forming carbonic acid gas,

which makes the bread porous. Thus the bread is more or less rotten according to the degree the fermentation is allowed to progress. We do not eat rotten apples or rotten potatoes; why then do we find such bread, which is at best a *rotten staff*, upon almost every table in the land, when good, wholesome bread, which is indeed a "staff of life," can be made without *any* of the various *destructive processes* art has devised, by simply mixing coarse meal with water, and baking in a hot oven. Of this fact the public are ignorant, and it is exceedingly difficult to make them comprehend its truth. The prejudice against all reform is so great, that it will be long after the people are convinced of these errors before they will be overcome.

It requires good judgment and very careful watching to make fermented bread "just right," taking time that might be better employed than in destroying its nutritive value; a serious objection as regards economy of time.

There is another aspect of the effect of fermentation which I find so well presented in an article on bread-making, by D. FRAZER, in the Herald of Health for Dec., 1864, that I cannot refrain from quoting at length:

"In presenting it we are somewhat aware that the nerves of those who have been affected by leaven may be slightly shocked. Nevertheless, the truth, the whole truth, and nothing but the truth, will in the end do us only good.

The fact has been long known, that leaven is living rotteness; and that if fermentation should be allowed to proceed, the dough would all be destroyed. Scientific men all recognize these facts, and that the least degree of fermentation in dough lessens its nutritive value. But they could not inform us what fermentation consisted in, nor give a scientific reason why a little leaven leavened the whole lump. Prof. SILLIMAN, of Yale College, (see first principles of Chemistry,) states:

"From the constant connection between the development of certain organisms and different chemical changes, it is supposed by many chemists, that these organisms are the agents which effect the changes—decompose the dough by a sort of absorption and subsequent secretion."

The SCIENTIFIC AMERICAN, on this subject, says:

"For the past few years, M. PASTEUR, a French chemist, has been engaged in investigating the process of fermentation; and that the results arrived at by him, constitute some of the most important facts which have been brought to light within the past few years. M. PASTEUR, in addressing his scientific brethren on this subject, says, 'we must dismiss from our minds our former ideas, and accept the fact that fermentation is neither more nor less than the growth and propagation of animalculæ.'"

M. PASTEUR confirms the supposition presented by Prof. SILLIMAN, having ascertained the fact, that

minute animals carry on, and are themselves the process of fermentation--that they eat, dung, and propagate in the dough. Prof. SILLIMAN states:

"When yeast is dried at a gentle heat, it will retain its activity when moistened; but if when dried it is finely powdered, it becomes inert; whatever is fatal to the organism, destroys the ferment."

In other words, when these microscopic monsters are pounded in a mortar till their bones are broken, and their brains knocked out, they cannot eat the dough, nor leaven the whole lump by propagation. The whole process of fermentation is not only wasteful, but filthy and abominable in the extreme."

Would that this article were published in every paper and magazine in the country, and spread broadcast over the land; and that every minister might preach the moral effect of eating such bread till every man, woman and child were as fearful of trifling with their health, as they now are of offending Madam Gossip, who is queen of the fashionable world.

RAISED BREAD--that made with an acid and soda, the combination forming salts--is usually either heavy from an excess of acid, or yellow from too much soda. In either case, the objection is a serious one. But few have the judgment, at least use it, to combine the acid and soda in exactly

the right proportion so as to avoid even these evils. The salt formed by a perfect union is a poison.

It is impossible for a cook to know how to make fermented or raised bread so that it will not seriously disturb the tone of the digestive organs, without a knowledge of chemistry, learned either from observation or study.

How many housewives know, or care, anything about the chemistry of bread-making? They are few and far between. It is no wonder that children die by hundreds and thousands, and that those who do live to maturity, are dyspeptics.

MEAL FOR BREAD.—Choose good, plump grains, wash, if in the least degree dusty, and grind rather coarse upon any ordinary millstones, provided they are sharp enough to *cut*, not *mash*, the grain. Grinding the meal fine deteriorates its quality, and also tends to make the bread tough and heavy.

This evil, and that of sifting, has given rise to many inventions which are making

sad havoc with the digestive organs of the human family, as the use of *lard*, *butter*, *cream*, &c., for shortening—of *yeast*, *yeast-powders*, *soda*, *salaratus*, *ammonia*, *tartaric* and other *acids*, to make it light—hence, also, the necessity of *sugar* in place of the *saccharine element* which has been *rejected* with the bran, and that *destroyed* by the *raising process*.

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## Rules for Making and Baking Bread.

The meal should be sweet, the water soft, and the oven hot. The bread should be mixed quickly, and immediately placed in the oven and baked as brown on the bottom and sides as the top, and until the moisture is evaporated to that extent which will render the bread spongy, not doughy, when cold.

No definite rule as to time can be given, as there may be as many grades of hot ovens as there are persons to heat them. An oven that will bake a pan of bread in thirty minutes will burn it in forty, while

one that will bake in forty will slack bake it in thirty. The oven should be just hot enough that the bread will rise quickly, and brown nicely without burning. A *scorching heat* will crust the bread so that it cannot rise, while a "slack oven" will dry the bread without giving sufficient heat to immediately expand the air, and convert a portion of the water into steam, the presence of which is essential to light bread.

A brick or clay oven is better than a stove or range. When a stove or range is used, it should be heated with hard wood, or coal, that the heat may be even and not flashy. The heat of an oven can easily be tested by sprinkling a little dry flour on the bottom. It should brown quickly, but not immediately burn.

Upon the *strict observance of these rules* depends the success of unleavened bread making, or rather baking. Any one can mix it, but few know how to bake it properly, and because they do not succeed, give up after a few trials. *Nil desperandum,*

should be the motto. You cannot expect to learn at once, but must keep trying till you get it just right.

“If at first you don’t succeed,  
Try, try again.”

Do as a lady did where I was once stopping. She could not make bread as light as a neighbor did from the receipt I gave at a lecture. After repeated trials, she came to me to know why she failed. I asked if she put in salt, as it looked like unleavened bread with that mineral as an ingredient. She said she had not. Was the oven too hot, or too slack? She had tried several grades of heat. Her water was hard; she got soft, but still her cakes would not loom up as she wished.

“I won’t give it up,” said she with energy, “I’ll go and borrow some flour of my neighbor who had such light bread, and see if I can’t make it as well as he did.”

By the exercise of a little ingenuity on the part of the cook, she can, from the receipts here given, have an almost endless variety of bread, cakes, pies, and

puddings, which are not only *perfectly wholesome* but *really delicious*.

## Bread Receipts.

In arranging these receipts I have placed those kinds first which seem best adapted to the wants of the system, and require the least wear and tear of the digestive organs in preparing them for use.

As the weakest stomachs can digest coarse, dry bread; therefore, it seems appropriate that we should commence with

### CRACKERS.

These are especially recommended to the attention of those troubled with a *weak* or *sour stomach*, *constipation*, *worms*, *bilious affections*, *chronic diarrhea*, etc.

Dry bread is much better for general use than moist, as it exercises the teeth, and by being masticated slowly it becomes thoroughly mixed with the saliva, which is essential to good digestion.

This kind of bread should be baked dry, and kept in a dry place, when it will be

good for months. If it becomes hard or tough, place it in a hot oven a few minutes, when it will be as brittle as new.

No. 1.—WHEAT MEAL CRACKERS.—Mix fresh ground wheat meal with cold water into a very stiff dough. Knead slightly, and roll to a quarter of an inch, or less, in thickness, and mark the sheets with a knife into two inch squares. Prick, and bake dry. Be very cautious not to burn them.

No. 2.—WHEAT AND OAT MEAL CRACKERS.—Equal parts of oat and coarse wheat meal mixed the same as No. 1, makes excellent crackers, and are not very hard. One-third rye and two-thirds oat, may also be used.

No. 3.—OAT MEAL BREAD.—Oat meal mixed with blood-warm water into a stiff dough, and rolled into thin sheets like crackers, makes good bread to exercise too sedentary teeth upon.

No. 4.—CRISPS.—Pour sufficient boiling water upon wheat meal to thoroughly wet it, stirring briskly at the same time; roll as for crackers, and cut into strips half an inch wide; prick, and bake till crisp.

No. 5.—WAFERS.—Mix same as No. 4, and roll thin as possible; cut them round or in squares. Prick, to prevent blistering, and bake dry. Care should be taken not to burn this kind of bread.

No. 6.—CORN MEAL CRACKERS.—Wet corn meal with boiling water; and, with the hands wet in cold water, form it into small cakes a quarter of an inch thick, and bake till nicely browned.

### BISCUITS.

These, when made properly, are very light, and as dry as any fermented bread; but much sweeter, and more nutritious. Biscuits, as well as crackers, require the exercise of the teeth, which were given us to use, and if we *do not* use them, they *will decay*, or become loosened and drop out.

If people would be free from *Dyspepsia*, and *all the ills* that follow in its track, they *must chew* their food, not resort to *every contrivance* that is presented to enable it to be swallowed without.

In the following receipts, I have recom-

mended no *unnatural ingredient*, nor *any destructive process* in their preparation. It is not my aim to give receipts that are "comparatively plain," and "may be considered quite physiological;" or, try to improve on the present mode of bread-making. Such receipts can be found elsewhere, and *let those choose them who will.*

No. 7.—DIAMONDS.—Pour sufficient boiling water upon wheat meal to form a dough as stiff as can be mixed with a strong spoon, stirring well at the same time to prevent lumping. Upon a board, with plenty of meal, and without kneading, form it into a long roll about two inches in diameter; flat it with the hand till three-fourths of an inch thick; cut diamond shaped, or in strips an inch wide. Bake on a grate in a very hot oven; leaving an inch space between each for the hot air to circulate freely.

NOTE.—A grate or gridiron is to be preferred to a pan for baking biscuits.

No. 8.—DROP CAKE.—Mix wheat or rye meal with cold water to a stiff dough, and drop with a wet spoon into a hot oven.

No. 9.—RAILROAD CAKE.—Mix as for No. 8; take small spoonfuls, and without any kneading, cover well with meal and bake.

NOTE.—A pan of these cakes can be mixed, and nicely baked in less than five minutes.

No. 10.—HARD BREAD.—Wet the meal as for No. 8; knead it hard, and roll to half an inch in thickness, cut round, oval, square, or diamond shape; prick, and bake.

No. 11.—JIBS.—Take some dough made of wheat meal and cold water; knead it soft, and roll to a quarter of an inch thick; cut in strips half an inch wide; prick, and bake on a piece of sheet iron till slightly brown.

NOTE.—These were named from their resemblance to a kind of candy called "jibs." We will warrant this kind to be perfectly wholesome, which we could not do for the candy.

## FRUIT CAKES.

People of the present day think, if they cannot afford it for their own family, they must have some kind of "nice" cake for visitors. It seems perfectly proper to "love our neighbor" *as well as* ourselves, *but no better.*

How many people work till they are too

tired to enjoy the company of their friends in striving to get them something *extraordinary* to eat, and to remove every speck of dust and dirt from the rooms the *visitors are expected to see*, to the neglect of the kitchen and chambers. Could not the time be better employed? *Is not the comfort of our husbands and children, or fathers and brothers, who are always with us, to be preferred to that of our neighbors who only occasionally call on us?*

“ Little acts of kindness,  
Little deeds of love,  
Make our earth an Eden,  
Like the heaven above.”

Such acts tend to bind the family circle more closely together, and many a wayward youth, who is treated less courteously at home than abroad, might thus be saved from going astray. Let the living rooms be kept sufficiently tidy, that if our friends make an unexpected call, they may receive the *comforts of home*, instead of being ushered in mid-winter into a room where they must sit and shiver, dreaming of cheerful homes, till a fire can dissipate the cold and

dampness. Or, if it be summer, into a parlor, from which, though on the "sunny side," those genial rays have long been shut by blinds and curtains, till the walls, carpets, books, &c. are penetrated with the *musty atmosphere*.

Very nice, *healthful* cake can be made without the costly ingredients commonly used, and which, though "good enough" for company, is not "too good" to set on the table for our *own* families. Nor is the economy of cost the only saving. Is not the mother's or sister's time of far more value than the mere expense of materials? And, are not the pleasures of a social visit greatly enhanced by the consciousness of its having cost our friends but little time or labor?

No. 12.—RICH FRUIT CAKE.—Stew good, ripe, sweet apples with sufficient water to make them quite juicy; when soft, mash, and add one-third sweet currants; mix while boiling hot with wheat meal; roll, and bake as diamonds.

For plain cake omit the currants.

No. 13.—SWEET BISCUIT.—Mix wheat meal with cold, sweet apple sauce; form, without kneading, into biscuit, and bake.

No. 14.—SWEET CRACKERS.—Mix as No. 12: knead slightly; roll to an eighth of an inch thick; cut in strips two inches wide and bake till crisp.

No. 15.—SWEET GEMS.—One quart sweet apple sauce, mixed when cold with one quart wheat meal, and a half pint of dried currants or huckleberries. Bake in gem pans, or as drop cakes.

NOTE.—Nos. 12, 13, 14 and 15 are nice for travelling; as bread and fruit occupy little more space than bread alone.

No. 16.—UNCOOKED FRUIT CAKE.—To one quart ground parched corn, add one grated cocoanut with its milk, and half a pound of raisins or currants, also, the juice of a lemon. Press with the hand into a moulding dish previously wet with cold water.

No. 17.—POP CORN FRUIT CAKE.—To one quart ground popped corn, add sufficient fruit, reduced to a pulp, to form a stiff dough; press into moulds, and let it remain a half hour before eating. If sweet fruit is used, a little lemon juice improves the flavor.

No. 18.—WEDDING CAKE.—Mix one pint of boiled cracked wheat; one cocoanut, grated; half pint cocoanut milk; half pint dried currants; one quart stewed sweet apples, or figs softened with hot water; and wheat meal sufficient to make a moderately stiff dough. Bake, in loaves, from one and a half to two hours.

The above varieties may be classed as “sweet cakes,” but are *not indigestible* like those *fashionably* made. These kinds are truly “rich,” i. e., in nutritious elements; therefore, but half the usual quantity of plain bread is required to supply the wants of the system. Sub-acid fruit of any kind may be used; also, dried apples, cherries, figs, dates, &c. Fruit cakes of some kind may, if desired, form a part of every meal, not only during the fruit season, but the whole year, by drying and canning, with the addition of a “good store” of apples for winter use. Substitute these fruit cakes for “gingerbread,” and there *will be fewer weak, sickly children*, with *rotten teeth*, and *no appetite* for plain food.

The following may take the place of the popular "berry short cakes."

No. 19.—FRUIT GEMS.—Mix as for No. 22; add a few well-flavored apples chopped fine, or berries in their season. Bake in gem pans.

No. 20.—CORN FRUIT GEMS.—Mix corn-meal with water to a thin batter; add one-third berries or chopped apples. Bake in gem pans, or on tin pie plates.

NOTE.—These should be eaten while fresh.

No. 21.—HUCKLEBERRY JOHNNY CAKE:—Stir sufficient boiling water with corn meal to make a stiff dough; add one-half good, ripe whortleberries; flatten, with the hand wet in cold water, to half an inch thick, upon a piece of sheet iron, and bake before the fire, or in a hot oven till well cooked. This is *good enough* for "the king," and can be afforded by every one.

Note.—The reader will observe that a great variety of fruit cakes can be made by a combination of the varieties of fruit, with meal made from different kinds of grain, and by mixing the dough stiff or soft; also, by making the cakes of various sizes and thicknesses. Indeed, there is no need of "losing the appetite," for want of change.

## BATTER BREAD.

Batter bread generally contains *too much moisture* for "dyspeptic stomachs," but for healthy persons, is not objectionable. It should be made sufficiently *stiff* not to "fall from the crust," and be baked till *spongy*, and not in the least *doughy*. The prevalent mode of baking is in small tin or iron pans about two inches in diameter, and three-fourths of an inch deep, and is familiarly known among Hygienic people as "gems."

It is all the rage at present, as was "diamonds" a few years since, and will probably continue "in fashion" till something new turns up. Yet, it is not the best bread, as it contains more moisture than is conducive to health. It may be baked in any shallow pan, and will be *very sweet* but not quite so light.

It has been found most convenient to cast the pans in sets of 12, and they may be round, oval, or square. If tin is used, they are wired together.

I find the use of grease to prevent the bread sticking to the pans wholly unnecessary after the pan becomes smooth, besides being highly objectionable. To prepare the pans for use, grease them well with sweet oil, or animal fat, and place them in a moderately hot oven for half an hour, or, if a tin pan, till it turns a brownish color; then drain out the grease, and wipe clean with a dry cloth, when it will be ready for use.

After the bread is removed, wipe with a dry cloth, and keep in a dry place, where it will be free from dust. Bread baked in pans prepared in this way will be smooth as polished marble, and never trouble about sticking. *Remember, never wash, only wipe dry.* Iron pans should be heated before putting in the batter; but for tin this is unnecessary.

No. 22.—**GEMS.**—Take one quart wheat meal, which is sufficient to make a dozen; stir well with the hand, mixing in as much air as possible; wet with cold water to

rather a stiff batter; beat with a strong spoon till smooth, but no longer, as much stirring will make it tough. Bake, in gem pans, in a quick oven. Rye or barley can be made in the same manner.

No. 23.—CORN MEAL GEMS.—Prepare the meal as for No. 22; mix with cold water to a thin batter, and bake till nicely brown.

No. 24.—WHEAT AND CORN GEMS.—Stir a small cupful of corn meal slowly into half a pint of boiling water; add sufficient cold water to make it quite thin, then add four cups wheat meal; slightly knead each cake by itself, and bake in gem pans, or as biscuit.

NOTE.—For this receipt I am indebted to my brother, J. F. SANBORN, M. D., Tabor, Iowa.

No. 26.—BREAKFAST CAKE.—Mix wheat, rye, barley, corn, or oatmeal, into a thin batter and pour into any convenient pan, from one-quarter to one-half inch thick, and bake brown.

No. 26.—CRUMPS.—Mix as above; pour the batter, one-eighth of an inch in depth, into a perfectly level pan, and bake crisp.

These are excellent—are quite as healthful when fresh, as the kneaded crackers, but more liable to become hard and tough after a few days, unless kept in a very dry place.

No. 27.—FINE FLOUR GEMS.—Mix fine flour according to, and bake as for, No. 22. One-third coarse rye, or corn meal, is a decided improvement. Fine flour can also be mixed according to any of biscuit receipts.

NOTE.—This receipt is not designed to encourage the use of fine flour, but for the benefit of those, who desire the Hygienic method of bread-making, but cannot immediately procure wheat meal. If fine flour MUST be used, it can be endured for a few days in this form.

### BROWN BREAD.

This is a “Yankee” appellation for corn and rye meal bread baked in large loaves. In “olden times,” brown bread constituted the “staff of life,” throughout New England. Would that fine flour had not so nearly supplanted it? It is still a favorite to some extent, with “baked beans,” for Sunday morning’s breakfast.

No. 28. *Of Corn Meal, Rye Meal, and Cracked Wheat.*—take in the proportion of one quart of each; mix the corn meal and

cracked wheat together, and scald with boiling water, stirring well with a strong spoon to prevent lumping. When cool enough not to burn, add the rye meal, stirring it well with the hand. The dough should be quite stiff, and placed in the pans about ten minutes before the oven is ready. Bake in large loaves, over night, in a brick oven. Small loaves are less crusty baked in covered pans.

No. 29.—*Cracked Rye, Corn, and Wheat Meal*; equal parts make as No. 28.

The above receipts make the best brown bread I have ever eaten. Having noticed that brown bread was best when made from *coarse meal*, I was induced to try the wheat and rye cracked, and am perfectly satisfied with the result. *Fine meal*, or that ground upon *hot stones*, will make *heavy bread*.

No. 30.—*Corn, Rye, and Wheat Meal*; equal parts; makes good bread, scalding only the corn meal.

No. 31.—*Rye and Corn Meal*; or, *Wheat and Corn Meal*; equal parts; are good forms.

No. 32.—*Corn Meal and one-third fine flour* will make a *passible* article, when rye or wheat cannot be obtained, as is often the case where people do not raise enough for “home consumption.”

No. 33.—**BROWN BREAD RE-BAKED.**—Scald the top crust of brown, or dry bread of any kind—press it through a cullender to free from lumps, and add wheat or rye meal to make a stiff dough. This will not need baking so long as the preceding receipts.

No. 34.—**BROWN BREAD BISCUIT.**—Form, with the hands wet in cold water, small cakes, of dough mixed as for Nos. 30, and 31, and bake as biscuit. The addition of a few berries makes an excellent article.

Excellent brown bread may be made, if, instead of water, stewed sweet, or slightly tart apples, or, stewed pumpkin is used for mixing.

As brown bread is far preferable to that made of fine flour, I have taken some pains in giving varieties. It is seldom that a family cannot produce some of the above kinds.

In the absence of a brick or clay oven, it may be steamed five or six hours, and then baked in a hot stove oven two hours.

### MISCELLANEOUS BREAD RECEIPTS.

No. 35.—SNOW BREAD.—Mix one pint of meal with a quart of light, dry snow, in a cold room; try a little, if too dry, add more snow. Bake in a hot oven, in a loaf two inches thick.

No. 36.—LOAF BREAD.—Coarse wheat meal mixed with cold water to form a stiff dough; knead slightly, and bake in quart dishes.

No. 37.—POTATO BREAD.—Nice cakes can be made by mixing equal parts of meal and mashed potatoes; rub them well together, and add water to form a dough; bake in small cakes and eat fresh.

No. 38.—RICE CAKES.—Thin boiled rice while hot with water; stir occasionally, and when cold, make into biscuit with wheat meal. These cakes are preferable to boiled rice alone.

No. 39.—PUMPKIN BREAD.—Biscuit made of stewed pumpkin and wheat meal are “not bad.”

No. 40.—INDIAN BANNOCK.—Mix corn meal to a stiff dough with boiling water; flatten, with the hand wet in cold water, upon a piece of sheet iron, to a quarter of an inch thick. Bake brown in a hot oven.

NOTE.—This is the sweetest of all unleavened bread, and was once the “corn bread” of “Yankeeland,” but gradually sour milk and soda have taken the place of hot water, till seldom any corn bread can be found that is “fit to be eaten.”

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Many people think they “cannot live without meat,” but Prof. CARPENTER, in his work on *Physiology*, says:

“Recent experience has shown that in cold climates a vegetable oil answers the same purpose as fat meat. Bread made from maize flour (corn meal) having been found to be just as efficacious, both in supporting the muscular strength, and in maintaining the heat of the body.” He further states, on the authority of Sir J. RICHARDSON: “That  $2\frac{1}{2}$  lbs. of maize flour may be considered equal to 8 lbs. of meat.”

If corn bread will supply *more nutrition*, and *more heat* to the body than meat, why not eat it instead—it is *certainly* more healthful. Corn meal costs two cents a

pound, and fresh meat sixteen. If two and a half pounds of corn meal is equivalent to eight pounds of meat, then one pound of corn meal is worth three and a half times as much as a pound of meat, and, as the meat costs eight times as much, it therefore is twenty-eight times as expensive.

This being on the authority of a standard Allopathic author, and one commonly supposed to sanction the use of meat as food for man, is an argument that we cannot easily controvert.

## TOAST.

Perhaps those who are used to "butter toast," "milk toast," cream toast," and "dry toast," (that is, with butter,) will think *my toast* rather "flat," and desecrate it with some of their *animal* and *mineral seasonings*, saying, the "sacrifice is too great." But the *sacrifice* is on the other side, for the "way of the transgressor" is hard. If any one makes such additions, *they alone* must suffer the consequences.

**DRY TOAST.**—Stale gems, or biscuit, cut open, browned nicely, and eaten *without drink*, is *one of the best remedies for a weak or sour stomach, worms, diarrhea, &c.* To one with a good appetite, it is *sweet and delicious*, and will “stick to the rib” *rather* better than beefsteak.

**MOIST TOAST.**—Prepare the bread as the preceding: place in a deep dish and pour over it boiling water thickened with wheat meal, sufficient to cover it. May be eaten immediately, or allowed to stand a few minutes.

**BROWN BREAD TOAST.**—Cut the bread in slices half an inch thick, and brown before the fire, or in a hot oven. It is quite as good as when new.

**FRUIT TOAST.**—Prepare the bread as for dry toast, and pour over it sufficient boiling water to soften: have ready a dish of stewed huckleberries, cherries, currants, apples, or other fruit, and while boiling hot, place it with the toast in layers, in a deep dish. The fruit should be quite juicy, as the bread will absorb a large portion. Cover the dish and send immediately to the table.

NOTE.—This is certainly as good a “fancy dish” as any one ought ever to eat, EVEN WITHOUT SUGAR.

So we at the “Old Homestead” think; so will any one after extracting their “sweet tooth.” The hard crust of brown bread, and dry bread of any kind, can in this way be quickly prepared into a nice, wholesome breakfast dish.

The receipts and hints here given, ought to enable any intelligent cook to make Hygienic bread. If these will not give a sufficient variety, they can be increased to hundreds..

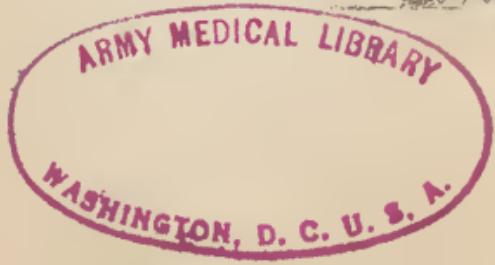
The following receipt by Mrs. EMILY S. TRALL, to which the premium of \$100 was awarded by the World’s Health Association, held at St. Anthony, Minn., June, 1865, is received in time for a place in this chapter. It gives general directions embodying the whole principle of unleavened bread-making, and, with the exception of the kneading; not materially differing from the receipts here given. Kneading presses out the air, and causes the gluten to adhere more firmly, thus making tough bread.

## PERFECT BREAD.

*Adapted to Families and Public Institutions.*

Mix unbolted meal of any grain preferred, or of a mixture of two or more kinds, in any proportions which may be preferred, with pure water, either cold or hot. If cold water is employed, the meal and water should be mixed to the consistence of a thick batter; then beaten or stirred a little with a spoon or ladle to incorporate more atmospheric air: after which more meal is to be added, until the mass becomes as stiff a dough as can well be kneaded. Knead the dough for a few minutes (and the more the dough is kneaded the more brittle and tender the bread will be); cut into pieces or cakes half an inch or three-quarters of an inch in thickness and about two inches in diameter, and bake in a quick oven—as hot as possible without burning the crust, which must be carefully guarded against. It is better to moderate the heat of the oven a little after three or five minutes. If hot water is used it should be *boiling* hot, and the meal and water stirred together very quickly with a strong spoon to the consistence of dough not quite so stiff as that for ordinary loaf bread made of

fine flour. It is then to be cut into pieces or cakes and baked as above. Either form of bread may be made into larger or smaller cakes, or into loaves of any convenient size to bake, and baked in a gas, wood, coal or kerosene stove, or in an oven and the crust may be rendered soft and tender as may be desired by enveloping the cakes or loaves a short time in wet cloths immediately on being taken from the oven. The small cakes, when made with hot water, will soon become tender by being kept in a covered crock as even the most toothless can desire, or they may be rendered as hard and solid as the soundest teeth require by leaving them uncovered in a dry place.



## PIES AND PIE CRUST.

Pies as usually made are an abomination to the land and the stomachs of the inhabitants thereof. Nature furnishes materials for good pies without injurious qualities—sugar and spices *do not really add to their flavor, but greatly to their indigestibility.*

Light, tender, and wholesome pie crust can be made in a variety of ways without *cream, or grease of any kind.*

PIE CRUST.—No. 1.—Pour sufficient boiling water upon wheat meal to make a stiff dough; roll, *without kneading*, to any desired thickness, from an eighth to a half inch.

NOTE.—This makes a very tender crust, quite as much so as can be made in the ordinary way. It may be made of superfine flour, or rye meal, or a mixture of different kinds.

To have the crust tender, it *must not be kneaded*, but rolled out with plenty of meal on the board.

No. 2.—Mix, with cold water, coarse meal; roll without kneading, and the crust will be nearly as tender as No. 1.

No. 3.—Boil and mash a few nice, mealy potatoes; add an equal quantity of wheat meal; rub well together, and make sufficiently moist with cold water.

No. 4.—Stew white marrow beans in plenty of water; rub them through a cul-tender, and add meal to make a stiff dough.

No. 5.—Make a rather thin batter, by mixing one cup of corn meal with boiling water; when cold, add sufficient wheat meal to roll.

No. 6.—One-third coarse oat meal, and two-thirds wheat meal; mix with cold water.

Some people will not make pie crust from unbolted meal, because it "looks so," therefore choose fine flour. Must *fancy* and *fashion* be the guide for the wants of the system? The skin of a "Roxbury" russet is not the fairest among apples—it

is not despised for its rusty coat—why then Graham pies? The rose is pretty, but has *its* thorn.

Any of the above kinds of crust can by a little care be made as light and dry as bread, and when the taste has become accustomed to the use of plain food, these will be preferred to those fashionably made; also, to the *cream* and *milk* crusts so prevalent among Health Reformers. How many of those seeking health have been kept sick for years, and died prematurely; when had they been willing to give up *milk* and *sugar*, might have recovered. The objections to *milk* are these:

1st. It is animal food. *Man should live upon a vegetable diet alone*; so says CUVIER and other naturalists.

2nd. It is *natural food only for the young of the mammalia*.

3rd. When a cow is made to give milk longer than the *natural period*, which is three or four months, or, until if left in a state of nature she would wean her calf, it

is a *drain upon her system*; consequently, contains *impurities* that would otherwise pass off through the proper channels.

Lambs, pigs, and infants, when fed *exclusively* upon such milk die. *Can the effects be beneficial to grown persons?*

4th. Milk from cows with young is also *exceedingly* poisonous to young mammals. Milking is an extra drain upon the cow during this period.

Are there not many diseases that can be traced directly *to this great cause*? Yet few know of its injurious effects; even physicians recommend it, but that does not ward off the evil consequences.

The use of milk causes many people to be sleepy and stupid, and nearly all who use it have torpid livers, and are troubled with bilious complaints; nor does huge doses of *blue pill* and *cathartics* cure them.

Those who use *rich cream* in their coffee, eat *cream cakes*, *cream pies*, *cream biscuits*, and *creamed vegetables*, and drink *milk* with the *cream* stirred in, *grow fat*, but are *short*

*breathed, gouty, apoplectic, &c.;* and “Wo be unto them” if the dysentery, cholera, or other epidemics prevail. Let every lover of milk stop and consider, before saying “farewell eyes.”

In the following directions for making pies, receipts for each kind of fruit are not given, as it makes a needless repetition. Any one that can make a pie from one kind of berry, can from all—so with other fruits. It requires only a *little judgment*.

APPLE PIE.—Pare and core well-flavored apples; the nicer the fruit, the better the pie; cut them in slices, and fill the under crust; sprinkle a little water over the apples; cut a few holes in the upper crust and lay it over. Wet the edges, and press well together to prevent the juice escaping. If the apples are hard, they had better be first stewed. Bake till the fruit and crust are thoroughly cooked.

NOTE.—Peach and plum pies may be made in the same manner. The flavor is much improved if, after the apple or peach becomes soft, the pie is allowed to remain in the oven with the heat slightly moderated, five or ten minutes, or until the fruit reabsorbs the juice which has been set free in baking. This method not only adds to the richness, but does away with the necessity of sugar and spices.

A pie made in this manner is wholesome and delicious, and can be eaten with real enjoyment when we once give up the idea that it *must be sweetened* with sugar, *flavored* with spices, and the crust *heavy* with salt and lard. Nature has given a fine flavor to our native fruit—why yearn for those pungent spices of Eastern countries?

If very sour apples are used a few sweet ones may be added.

**FRUIT PIE.**—Cover a dish two to four inches deep, with a thick crust; put in a layer of fruit, cover with a very thin crust, then round up the dish with fruit and cover with a thick crust; make holes for the air to escape, and bake from one and a half to two hours according to size.

Apples, cherries, berries, currants, &c., in their season, make excellent pies in this way. If it is desired to have the pie cold, use No. 2 for under, and No. 1 for upper crust. Cover with a paper, after the top is nicely browned, and bake slowly till the fruit is well cooked. Apples, pears, and other green fruit, require more baking than berries.

**GREEN Currant PIE.**—Pick over the fruit carefully, rejecting all diseased ones; add an equal quantity of stewed sweet apples, or other sweet fruit, and bake as apple pie.

Make gooseberry and rhubarb pies in the same manner.

CRANBERRY PIE.—Stew a few good, ripe, sweet apples, and add an equal quantity of cranberries. Cover a deep plate with a crust and fill even full; roll the upper crust and cut in strips half an inch wide, and lay across the pie, leaving the spaces diamond shaped.

STRAWBERRY PIE.—Place the under crust upon a deep plate, and the upper one, cut just the right size, on a flat tin, or sheet iron; prick, to prevent blistering, and bake. Fill the deep dish while hot with strawberries, and cover with the flat crust. If the fruit is rather hard, replace in the oven till heated; if quite ripe, the crust will steam them sufficiently.

Raspberry pie may be made in the same manner. The flavor of these delicious berries when quite ripe is greatly injured by cooking; and they are also changed to a mass of little else than seeds and juice.

*Ripe Berry Pies* generally, may be prepared as above and baked till the fruit is cooked, which takes only a few minutes. This method is much better than baking the fruit with the crust, as the greater part of the juice is often lost before the crust is cooked.

BERRY TARTS.—Cover gem pans with crust, as for little pies, and bake; when nearly done fill up with berries and replace in the oven a few minutes.

DRYED FRUIT PIES.—These may be made of any kind of dried fruit, or, of a mixture of two or more kinds. Soak *apples*, *pears*, *peaches*, &c., over night, and stew till tender. Bake with two crusts.

*Dried Berries and Plums for Pies* should be soaked over night in water enough to make them sufficiently juicy: set over the fire long enough to scald, and place while hot between two baked crusts. Should be eaten soon after made.

PUMPKIN AND SQUASH PIE.—Pare, cut, and stew a good sweet pumpkin or squash, using as little water as possible. When soft, steam it dry; never waste the juice, as it contains the sweetest and richest part; rub through a sieve or cullender, and mix a pint of wheat meal to every four quarts of pumpkin: if too stiff, or too sweet, add a little water. Bake, with one crust, in deep plates.

NOTE.—This makes nice pie for any one who does not long for the "flesh pots of Egypt," i. e., sugar, spice and milk.

*Carrot* and *Sweet Potato Pie* can be made in the same manner.

**CUSTARD PIE WITHOUT MILK OR EGGS.**—Boil Iceland moss in water till it will make a jelly: flavor with lemon, or berry juice, (*not extracts*) and pour into a crust previously baked. Set away to cool before eating.

**NOTE.**—The sugar of commerce has been separated from its natural combination, and when mixed with food tends to preserve it, thereby rendering it indigestible, thus weakening the digestive organs, and over-taxing the liver and lungs. Spices are regarded by the vital organs as poisons, the expulsion of which causes a great waste of vital power.

**APPLE DUMPLINGS.**—Make the crust as for pies, and roll to a quarter of an inch thick: make up the dumplings with an apple previously prepared in each. Bake, boil, or steam till the fruit is well cooked.

**CAPE COD DUMPLINGS.**—Roll some No. 1 pie crust to a quarter of an inch thick, and spread over it a layer of cranberries: commence at one side and carefully form it into a roll, then cut into dumplings; wet the edges, press well together, and bake, or tie each in a cloth and boil quickly. Eat with sweet apple sauce.

## PUDDINGS.

Puddings when baked, are lighter, also, more healthful than boiled or steamed. When made from the following receipts, they are *seasoned* and *sweetened* as much as our Maker designed our food should be to promote gustatory pleasure and health. I have never seen such receipts in any cook book, but *trust* they will meet the approbation of the public, as they *will not cause* fits, apoplexy, or nightmares, and have sufficient nutriment for a laboring man's dinner. They may taste flat to those used to high seasoned food; such persons had better live upon plain food than add to these receipts at the expense of their health.

A little experience with plain food, and persevering self-denial, will enable any person to relish them *even without salt or sugar.*

Puddings thus made are *truly rich*, therefore they should constitute the principle dish, rather than the dessert.

By a little skill and inventive genius, a great variety can be made by changing or mixing the kinds of fruit and the manner of making.

**CHRISTMAS PUDDING.**—Boil a cup of rice till nearly done; place a layer of rice in a deep dish, then a layer of sliced apples and a few raisins, covering this with another layer of rice, and so continue till the dish is full; round up the dish well with apples; cover with a plate, and bake a half hour.

berries, cherries, rhubarb, or other fruit, may be used instead of apples.

*Pearl Barley, Cracked Wheat, or Hominy*, may be boiled and made into puddings in the same manner.

**FRUIT PUDDING.**—Wheat, corn, or rye meal makes nice puddings by mixing with sufficient *boiling* water to make a stiff dough; add about half as much fruit as dough, and bake in a pudding dish an hour and a half.

COCOANUT PUDDING.—To one cocoanut, grated, add its milk, and a few raisins or currants; mix with it as much wheat meal as will make a rather soft dough. Bake, or steam, in a deep pudding dish, and serve with berry juice sauce.

SEAMAN'S PUDDING.—Break in small pieces, sea bread, bread crusts, or Graham crackers; pour over them as much boiling water as will be absorbed; when well soaked, add an equal quantity of sliced apples; also a few raisins, figs, or dates, and bake till the fruit is well cooked.

NOTE.—This is a good way to use up dry pieces of bread, and brown bread crusts. It is very nice, as well as economical. Dried fruits may also be used, by previously soaking them. A nice sauce can be made by stewing a few figs or dates in the water in which the dried fruit was soaked.

SNITZ AND DUMPLINGS.—Boil a pint of dried sweet apples in two or three quarts of water; when tender, wet a half pint of wheat meal with cold water and drop with a small spoon into the kettle of boiling fruit, and cook ten or fifteen minutes longer.

NOTE.—This was a favorite dish with the early German settlers of the interior of Pennsylvania, but their descendants, like those of the Pilgrim Fathers, are forsaking the simple habits of their ancestors for the more unhealthful dishes of modern cookery.

## MUSHES, &c.

Many persons striving to regain their health, have been misled by the *erroneous idea* that *mushes, porridges, &c.*, must enter largely into their dietary. The greatest objection to all kinds of *slop food* is that it *cannot be chewed*; then, the stomach *must dispose of the water first*; after this exertion digestion cannot go on so vigorously as it would otherwise have done. If eaten at all, it should be only *occasionally, very slowly, and with dry crackers*. Dry bread, or popped corn, eaten slowly, *without drink*, is far better for invalids. In preparing this work, I have designingly given the preference to bread and fruit, an example which should be more universally followed.

The following are the best forms of mushes, even these should be seldom used.

**CRACKED WHEAT.**—Wash a quantity of good wheat; remove the imperfect grains, cockle, garlic, &c.; crack, or grind coarse with a hand mill, or upon sharp millstones. Take about a quart of the grits thus prepared, half a pint of raisins, and three quarts of cold water; cook in a tin pail, or any convenient vessel, placed in a kettle of water over the fire. Stir frequently till scalded, not so often afterwards. It will require from three to six hours cooking, according to its coarseness. Pour, while boiling hot, into moulding dishes wet with cold water, and set it away to cool a little before serving. Eat, warm or cold, with apple, peach, or berry sauce, and dry crackers.

**NOTE.**—It may be ornamented by placing a few green leaves and fruit in the bottom of the moulding dish.

**HOMINY.**—This is very coarsely cracked corn. Take the desired quantity and add twice as much cold water; stir well, and skim off the hulls as they rise; or, separate them by stirring, and then pour the water through a sieve into a pan; repeat the process till free from hulls. Care should be taken, and not let the hominy run off with the hulls. Cook in the same water, with a few dried apples, pears, or other fruit. Boil and mould as cracked wheat.

## WHOLE GRAINS AND SEEDS.

Simply roasting over the fire, or boiling in soft water is the best way of cooking grains, as the *natural elements* are changed but little, if any; then the *teeth and salivary glands* are called into exercise, which is an important item to be recognized in cooking, but one that modern inventions *are striving to do away with*, greatly to the detriment of health.

POPPED CORN.—Corn is most conveniently popped by using a yankee "corn popper," and holding it over burning coals, or a hot stove, and shaking continually to prevent burning.

NOTE.—Most of the "dyspepsia corn" sold in the markets has a very salty, greasy taste, owing to the erroneous notion that salt and hog's lard will cause it to pop better, as well as taste more agreeable. The fact is, it does not pop as well, or taste as sweet. Popped corn and all other food should be eaten as a part of the regular meal. Eating between meals is a very pernicious habit.

**ROASTED GRAINS.**—Wheat, rye, or ordinary field corn, roasted over burning coals in a corn popper until quite brittle, makes good food for dyspeptics. Great care must be taken not to burn it, as it then becomes stimulating and very unwholesome.

**BOILED WHOLE CORN.**—Select ears that have large, plump grains; reject all imperfect kernels in shelling; free from silks and dust; wash, soak over night, and boil in the same water till soft.

**NOTE.**—**WHOLE CORN** is a great favorite with persons where I have lectured, becoming a staple article when concocted. It is much sweeter than that prepared by machinery, as the chit which contains a large amount of sugar is nearly all lost in the process of separation. Some object to the hulls, but they can be removed as fast as any one ought to eat; then those who are constive will be benefitted by eating them. The grains should be well chewed, a condition that applies to all food. Lye should never be used for removing the hulls.

The Canada, Large Yellow Flint, King Philip, &c., are the best varieties for boiling.

In cooking grains, the water should be so evaporated that when done they will contain only what is designed to be eaten with them. Draining off the water is a great waste.

**BOILED WHEAT.**—Take good, plump wheat; pick it carefully, and wash clean;

soak over night in soft water, and boil till softened through, which will require several hours. Rye or barley may be cooked in the same way.

BOILED RICE.—Select large plump grains, soak a few hours, and boil slowly about twenty minutes, stirring it as little as possible; then place it where there is just heat enough to simmer, and let it remain a half hour *without stirring*; the grains will be full and unbroken.

NOTE.—This as well as all other food should not be eaten while hot. There is no objection to using any of the preparations given in this book while blood warm, but not hot.

STEWED DRY BEANS.—The marrowfat, garden, kidney, &c., are best for stewing. Pick over carefully, and wash; let them soak over night, and stew in the same water three hours. Cook dry peas in the same manner.

Changing the water renders beans flat and insipid, leaving little else than the hull and ashes. To give them taste some cook beans with salted, fat pork, and eat with pepper and vinegar; sometimes mustard and pickles additional. Others add milk or cream, pepper and salt. Either way renders them unfit for the appellation of food. Some say it makes them strong, and taste beany to cook in the same water. If the

taste of beans is not agreeable, why make pretensions of eating beans, when it is really salt hog?

Others again, change the water frequently in cooking colored beans, to make them "look nice." "Can the Ethiopian change his skin, or the leopard his spots?" Will soaking colored beans make them white?

**BAKED BEANS AND PEAS.**—Soak pea beans or split peas as above; parboil till they crack, and bake in the same water over night in a brick oven; will require the addition of water several times. They may be baked several hours in a stove oven, but are not so good.

**NOTE.**—These, with brown bread, are rich enough for a "wood chopper" on a cold day in January, but make people "go to sleep in meeting," when eaten for Sunday morning's breakfast.

**BOILED CHESTNUTS.**—Boiled chestnuts are delicious food, and perfectly wholesome when eaten at proper times. Pick over carefully, and boil about an hour. They will roast in fifteen or twenty minutes.

**NUTS.**—All kinds of nuts, *except doughnuts*, are good food for winter use, for healthy stomachs, if eaten before they get cold and strong.

## VEGETABLES.

The term vegetable properly applies to all plants with their fruit in the green or growing state. Those used for culinary purposes furnish a great variety of food, especially during the summer months, which, with juicy fruits, are better adapted to the wants of the system at this season than the more nutricious portions left to ripen for winter use.

All green vegetables should be cooked fresh from the garden, as they begin to deteriorate as soon as gathered. Fixing up stale vegetables in cooking may hide the *taste*, but not the *effect*.

Every family should have a garden patch of their own. In large cities where this is not practicable, vegetables can be obtained a few hours after gathered if a little care

is used in the selection. Buying stale vegetables because they are cheap, is a dear bargain.

If New England Yankees, who are so very fond of experiments to make money *without work*, would get up a little energy and try that of raising vegetables for home consumption, and stop importing double-extra superfine flour from Chicago and St. Louis, the experiment would pay, better than any patent clap-trap, in the improved sanitary condition of the people. "Something must be done," and pretty soon too, or the race will die out.

Not one housewife in a hundred, I fear not one in a thousand, knows how to cook vegetables so they are *scarcely eatable* without seasoning of some kind. When boiled with *salt, salt greasy meat*, or in *large quantities of water*, the flavor is lost. The best part goes to the hogs in the pot-liquor.

In cooking all kinds of vegetables, only sufficient water should be used to cook them tender and be dried away when they

are done. In some parts of the country vegetables are not considered cooked till dry.

That which gives the pleasant flavor to vegetables, being the more nutrient portion, is dissolved in the water while the fleshy parts are cooking soft, after which, they will reabsorb these elements if permitted to simmer in the sirup that forms as the water dries away. The same is true of grains and fruits. The difference between vegetables taken up when just soft, (if we except potatoes,) and those left to simmer, is as great as between an apple plucked while green and laid away to ripen, and one left on the tree till fully ripe.

**GREEN PEAS.**—When the pods are fresh and green, wash and boil them twenty minutes in nearly water enough to cover; skin them out and boil the peas in the same water twenty minutes, and then simmer a little longer, or till there is only sufficient water to serve with the peas. Draining it off wastes the sweetest part. A few young potatoes or beets may be cooked with them.

GREEN BEANS.—The common garden, kidney, cranberry, &c., are best for cooking green; wash, and boil immediately after shelling, in a closely covered kettle, with a little less water than will cover them; it will boil over the top ones. Will require cooking an hour and a half or two hours. Cook string beans in the same manner.

NOTE.—A few new potatoes, beets, summer squashes, and green corn, cooked with them, makes an excellent dinner dish for those who can have them fresh from the garden. This is a Yankee mixture, but one worthy of imitation.

The vegetables are less watery, better flavored, and not so liable to be burned as when cooked separate. Try it—put in the beets with the beans, the rest will cook in a half or three quarters of an hour. If properly managed there is no difficulty in having them all GOOD ENOUGH WITHOUT PORK.

BOILED GREEN CORN.—Place the ears, with or without husking, in a kettle with a small quantity of water, laying the largest ears across the bottom, so as to keep it out of the water as much as possible. Cover the kettle closely, and let it steam an hour.

ROASTED GREEN CORN.—Bury the ears, without husking, in hot ashes, and let it remain twenty or thirty minutes; then remove the husks, and you have corn good enough for even "Young America."

So our "boys" thought down in Dixie, when, after a day's march, they camped in a corn field, a huge pile of fence rails furnishing the coals in "double quick" time.

**SUCCOTASH.**—Cut green corn from the cobs; put the cobs, with cold water enough to cover, over the fire, and boil twenty minutes; take them out, and put in the corn with an equal quantity of shelled beans; boil an hour, and simmer twenty minutes.

**NOTE.**—If the beans have grown in dry weather, upon dry soil, they will require boiling longer than the corn.

**POTATOES.**—Roasting in hot ashes, or baking in a hot oven are the best methods of cooking potatoes. They should be of uniform size, and all decayed portions removed before cooking.

*To boil Potatoes*, put them in a kettle of boiling water, not quite enough to cover; let them cook until they can be pierced with a fork; pour off the water and steam dry. May also be steamed; or pared, cut in slices and stewed in a little water.

When cold cut them in slices and brown, or chop fine and warm, adding a little water, after which they may be browned in a hot oven.

**SWEET POTATOES**—Place them, with very little water, in a flat-bottomed iron kettle with a closely fitting lid, over the fire, and cook soft. May also be roasted, baked, or steamed.

BEETS, PARSNIPS, TURNIPS, &c.—Wash, without cutting or breaking the roots; put them in hot water, and boil till they begin to soften, then let them simmer till the water dries away. Immerse them in cold water a few minutes and they will peel easily.

*Cabbage, Cauliflower, Asparagus, Spinach, Cabbage Sprouts, Beet Tops, &c.*, may be cooked by boiling in a small quantity of water.

*Cowslips, Dandelions, Mustard, Radish leaves, and other bitter and peppery herbs*, will do for greens when nothing else can be had. They should be first scalded, and then boiled in water enough to cover. A few beets or turnips cooked with them is an improvement.

Any thing of which a part of its substance is unsuitable for food is of a low order, and should not be used, unless nothing better can be obtained. These, however, are superior to the grease with which they are saturated as usually cooked.

GREEN CUCUMBERS.—These are not unwholesome, as many think, *if eaten as cucumbers*. Pick what is wanted for the day early in the morning;, wash and peel, and they are ready for the table. Those wanted for dinner may be kept in an ice-chest, or cool cellar. Slicing in water renders them hard and indigestible.

## DRYING VEGETABLES.

Drying is a good way to preserve vegetables and green beans after the frost has killed the vines, and they make a very agreeable change in winter.

**TO DRY GREEN CORN.**—Trim off the husks and silk; put the corn in a kettle with a small quantity of water; cover tightly, and let it steam over the fire till the milk is cooked; cut from the cob, and dry in the sun on papers or boards, stirring often.

**TO DRY GREEN BEANS.**—Choose those that are young and tender; shell, and put as many as will be covered in a pint of hot water; let them boil five minutes, skim out and spread on plates to dry. So continue till all are scalded. Dry away the water to a thick sirup and sprinkle over the beans. Drying in the sun is preferable to artificial heat. In dull weather dry in a warm oven.

**TO DRY PEAS,** boil the pods, and scald the peas in the water.

**TO COOK DRIED VEGETABLES.**—Soak them in cold water over night, and boil in the same water two or three hours.

**FOR WINTER SUCCOTASH.**—Soak and boil the corn and beans separate; then mix and simmer an hour.



## FRUIT.

The importance of fruit as the principle article of diet is neither understood nor appreciated: It has been regarded more as a luxury than a staple article of food. Let fruit take the place of meat and condiments with the mass of people, and sickness will be dissipated like dew before the morning sun.

The “biliary attacks;” dysentery, cholera, &c., so common in early autumn, usually accounted to the use of fruits and vegetables, *although the subjects of these complaints very often abstain entirely from their use*, are really the result of an excess of the hydro-carbonaceous matter in the system, arising from *an excess of food, the use of fat meat, lard, butter, sugar, &c., during the summer*, and must be looked upon

as the *natural means* which the vital powers take to get rid of the offending materials.

True, green, hard fruit, 'eaten between meals, and imperfectly chewed, or the stomach overloaded with boiled green corn, swallowed *whole* or nearly so, *may* add to these causes, but a free use of *good, ripe fruit* is one of the best safeguards against such complaints.

For invalids it is *excellentissimus*, (*the most excellent*,) and should be used instead of beef tea, gruels, porridges, &c., with which sick persons are unmercifully stuffed, tending to increase the disease, and retard convalescence. A few plums, oranges, peaches, melons, grapes, &c., so grateful to the sick one, are withheld like "forbidden fruit," as though death were the penalty of indulgence.

How absurd the idea! How *contrary to nature* and *common sense*! The mayor of a neighboring city, when the cholera prevailed in 1848, bought a load of fine, ripe peaches and buried them, so that the people should not eat them. I then thought it

was "too bad," and think so yet. Give the people plenty of good fruit, keep them clean, and there will be no cholera.

Let good unleavened bread, and some variety of ripe fruit, which contains all the elements necessary to sustain human life, form the principle dishes, and a large percentage of the gouty men, weak women, and sickly, puny children will disappear.

There is nothing equal to good, ripe, juicy fruit for quenching thirst, hence, its abundance during the summer months, and in warm climates, when the system requires more fluids, forming food of the *purest quality*, as the growing process deprives it of all gases, minerals, and other impurities; yes, purer even, and better adapted to the wants of the system, than that from the clouds, or the bubbling spring.

The word fruit comes from the latin word *fruor*, (to enjoy; to take delight in.) How expressive! indeed, our greatest blessings, health and happiness, come from living in accordance with the "Laws of Nature," in using, not abusing our "choicest gifts."

The following paragraph from Dr. WILKINSON, an English physician and author, is worthy to become a household treasure:

“Fruits, aromatic and luscious, hold their delights the loosest of all, and give them away at the first solicitation. Their nectars claim instant kindred with the tongue and the oral saliva. Nature has cooked them, and they need no mixture, nor artificial fire; the grape and pineapple are a sauce unto themselves, and are baked and roasted and boiled in sunlight. They are at the top of their life at the table; their niceness is not foreign, nor does their beauty depend upon disguise. By feeding the eyes with bloom and loveliness, they call forth a chaster saliva into the mouth to welcome and introduce them; different from the carnal gush which savory meats engender. They are flasks of the spiritual blood of the earth, of the kith of our tree of life, one nearer to it than aught beside, unless it be the mother’s milk. The term FRUIT, implies that which is for use, or which has attained its own object, and seeks its place in another system. Fruits therefore hang before our mouths and tempt us by Nature’s sweetest wiles; as it were the nipples of her bosom, which still run pure with rills of the milk of her ancient kindness. They belong to mouth digestion, which is mere melting.”

The effects of fruit culture are elevating, both morally and physically, in the highest degree, and its use develops the finer qualities of the mind, gives buoyancy to the spirits, and elasticity to the body. May the time soon come when the same attention will be paid to fruit culture as is now given to hogs, tobacco, rum, patent medicines, &c., all which tend to *debase* rather than *elevate* the human race—time worse than wasted—yet sanctioned by an *enlightened, christianized* community.

## COOKING FRUIT.

The best method is to let nature cook it, the air and sunlight can prepare fruit more temptingly than any artificial fire. The fashionable methods are abominable, making it little better than candies or sweet-meats. Simply cooking is not objectionable. It improves green fruit.

Fruit cooked in tin, brass or copper has, owing to a chemical combination of the acid and metal, a harsh, unpleasant taste, which is very injurious, and should be avoided. Fruits, like vegetables, are improved by cooking until the juice is re-absorbed.

BAKED APPLES AND PEARS.—Free from imperfections, and bake with a little water in a baking plate.

STEWED FRUIT.—Currants, gooseberries, apples, grapes, &c., when two-thirds grown, and until fully ripe, make good sauce by stewing in a little water. If too sour, add dried sweet fruit. When ripe they are good enough without, but may be stewed if desired. So with peaches, plums, cherries, &c. Ripe berries only require a few minutes stewing, or until the skin is broken.

STEWED TOMATOES.—Scald them a few moments and peel; then stew a half hour. They are excellent with boiled green corn, or toasted bread.

NOTE.—For other fruit receipts, see cakes, pies, and puddings, which are combinations of bread and fruit.

### PRESERVATION OF FRUITS.

Fruits for winter use should be gathered on a dry, clear day, and care taken not to bruise them. Apples and winter pears can be kept the year round by packing in dry sand, grain, or sawdust, and keeping in a cool, dry cellar, or buried on a hillside. Grapes may be packed in shallow boxes lined with white paper. Any green or decayed ones should be carefully picked from the bunches. Keep in a cool, dry place.

The preservation of the more pulpy fruits depend upon an exclusion of the air, which is best accomplished by canning. Any wide-mouthed jar, either glass or stone, also stone jugs, will answer the purpose. For berries, pick carefully, rejecting all blighted or decayed ones. Peaches, plums, &c., pare, and take out the pits. Place the fruit, with a little water, in a porcelain kettle as for stewing, and let it boil just long enough to scald; fill the jars, previously warmed by placing in hot water, with the hot fruit; when full stir with a small slice to expel the air bubbles, and seal quickly. This may be done by pressing close fitting corks into the jars and covering them with wax, or a cement made by melting three ounces of tallow with a pound of rosin. Another way is to take round pieces of stout cloth and dip into

the cement; cover the jars with paper cut to fit the mouth, and tie the cloth around the neck with a strong string, and cover well with cement. When cool, if it is air-tight, there will be quite a depression, if not, the process must be repeated. Keep in a cool, dark cellar.

**TO DRY SMALL FRUITS.**—Put a quart or two of fruit, and sufficient water to keep from burning, in a porcelain kettle over the fire till boiling hot; it should not be allowed to stew; skim out the fruit and spread upon plates; add more fruit to the juice and scald as before. When all is scalded simmer the juice till it is quite thick and pour over the plates of fruit.

NOTE.—I have found drying in the sun preferable to artificial heat, as the fruit retains more of its natural flavor. In this manner it will dry much sooner than uncooked.

Blackberries, strawberries, cherries, &c., that are nearly tasteless when dried uncooked, are, in this manner, almost as good as fresh. When perfectly dry put them in tin cans, or thick bags, to keep from flies and dust.

**TO DRY APPLES.**—Parc, quarter, core, and string upon strong twine two yards long, tying the ends. Dry on frames hung upon the south side of a building where the dew will not injure them.

NOTE.—Cutting in quarters is preferable to slicing as more of the flavor is thus retained. Then suspending on strings in the air enables them to dry quicker and with less danger of rotting. The strings should be suspended by two nails in a horizontal direction, never by one, as the apples slide together and are liable to rot.

**APPLE LEATHER.**—Stew apples in as little water as possible till perfectly soft; spread the sauce on plates, and dry in the sun, or a moderately heated oven.

Peaches, pears, plums, squashes and pumpkins, may be dried in the same manner.

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